



18. Sondershäuser Kristall-Lauf
Brügman-Schacht Sondershausen / 24.10.2015

Detailed evaluation

Junge, Sandra

Club: TSR Olympia Wilhelmshaven
Number: 152

Course: 9.40 km
10 km (680 m unter der Erdoberfläche)

Category:
Frauen 40 bis 49 Jahre

Total time: 1:13:20

Speed: 7.36 km/h
Running performance: 7:48 min/km

Rank in course/Total: 356 (of 373)

Rank in course/Women: 80 (of 87)

Best time in course: 42:15

Rank in category: 32(of 34)

Best time in the category: 42:15

Control	Intermediate times							Stage score				Total ranking			
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Rundenzeit	2.20	12:54	5:51	20	3:44	54	4:26	2.20	12:54	5:51	20	3:44	54	4:26	
Rundenzeit	1.80	10:52	6:02	26	2:55	62	3:33	4.00	23:46	5:56	23	6:39	58	7:59	
Rundenzeit	1.80	11:57	6:38	28	3:48	66	4:06	5.80	35:43	6:09	25	10:27	62	12:05	
Rundenzeit	1.80	12:30	6:56	29	4:07	68	4:26	7.60	48:13	6:20	28	14:34	64	16:31	
Finish	1.80	25:07	13:57	33	16:31	86	16:53	9.40	1:13:20	7:48	33	31:05	84	44:32	